MHYC

Seven Islands Race

Held in conjunction with the Nautilus Marine Insurance
Sydney Short Ocean Racing Championship

Saturday 28th November 2026

SAILING INSTRUCTIONS

www.mhyc.com.au

Seven Islands Race

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SAILING INSTRUCTIONS

1.0 RULES

1.1 The Organising Authority for the event is the Middle Harbour Yacht Club (MHYC).

1.2 The Race will be governed by;

a) the Racing Rules of Sailing (RRS),

b) the Special Regulations of Australian Sailing (AS),

d) the MHYC Season Notice of Race (MHYC NOR) and by,

e) these Sailing Instructions (SI).

1.2 The attention of competitors is drawn to the MHYC NOR which are referenced throughout these SIs including their responsibilities under the applicable NSW Maritime legislation.

1.3 A boat shall comply with the Special Regulations Part 1 for Category 7. An audited Special Regulations Form for the relevant Category (or Cat's 1-6) shall be submitted with the entry if not already held by MHYC.

1.4 The Sailing Office of MHYC shall be the Race Committee ("RC") for the purposes of, and with, the powers and discretions contained in RRS 90.1. This amends MHYC NOR 4.2.

1.5 Boats may be required to display bow and/or boom stickers and/or backstay flags provided by the RC.

2 NOTICES TO COMPETITORS

2.1 Notices to Competitors will be posted on the Official Notice Board which is the online Keelboat Racing Noticeboard.

3 CHANGES TO THE SAILING INSTRUCTIONS

3.1 Any change to the Sailing Instructions will be posted before 0830hrs on the day it will take effect except that any change to the schedule of races will be posted prior to 1800hrs on the day before it will take effect.

4 THE SEVEN ISLANDS RACE

4.1 The Seven Islands Race shall be a Handicap Pursuit Race per MHYC NOR 22.

4.2 Starting times will be allocated at the discretion of the Sailing Manager or their nominee based on PHS calculation.

4.3 Boats shall notify the MHYC Sailing Office not later than 2 days prior to a race of any change, addition or alteration to a boat's hull appendages, equipment, sail inventory or skipper/crew that may affect its performance. At the discretion of the RC, a boat that fails to comply may be either disqualified after a hearing or have its results retrospectively adjusted by applying a new TCF based on the effect on the boat's performance.

4.4 The TCF, and a boat's start time based upon it, shall not be subject to protest or constitute grounds for redress (amends RRS 60.1).

4.5 When only one boat starts and sails the course within the time limit, the RC shall not abandon the race (amends RRS 32).

5.0 DIVISIONS

5.1 Divisions may be formed or abandoned at the discretion of the Sailing Manager or their nominee.

5.2 Two-Handed and Non-Spinnaker entries may be included in any division.

5.3 For boats entered as non-spinnaker, only a mainsail and headsails as defined in RRS 50.4 shall be used. Headsails shall not be set flying. (No sail shall be set forward of a point of attachment of the permanent forestay).

5.4 Class Flags shall be:

Division 1	Code Flag J
Division 2	Code Flag K

6 SIGNALS

6.1 Signals will be displayed from a MHYC Race Management Vessel berthed near the B-Arm T-Head or the Clubhouse Flagmast located at the North-Eastern corner of the Club premises.

6.2 Signals will be as follows:

1050 hrs	Course Number and Time of Day Displayed
1100 hrs	Start

6.3 The above times may be accompanied by a sound signal.

7 THE START

7.1 The Start Line shall be as MHYC NOR 16.1, Club House Start Line.

7.2 The RC will allocate a starting time for each boat. A boat shall not start before the display of its designated start time.

7.3 The race committee may provide a countdown to the attention signal and start signals, or announce start times, via VHF on Channel 72.

7.4 There will be no recalls. Any yacht deemed to have started prematurely and that has not returned and started correctly shall be penalised 5 minutes plus the difference between her starting number, applied to her finish time. This amends RRS 29.

8 THE COURSE

8.1 The Courses for Seven Islands Race are described in Appendix A.

8.2 The attention of competitors is drawn to the MHYC NOR and those areas which are designated obstructions and prohibited areas in the vicinity of the Gowlland Bombora, the Sow and Pigs Reef, Circular Quay, Garden Island and Shark Island. A boat shall not sail into an area designated as a prohibited area.

8.4 Courses may be shortened for one or more divisions in accordance with RRS 32.

9 THE FINISH

9.1 The Finish Line will be the Clubhouse Finish Line as per MHYC NOR 17.

10 TIME LIMITS

10.1 The time limit will be 1630hrs. If the leading yacht finishes within the time limit, then finishes for other yachts will be timed until 1730hrs.

10.2 A boat that does not finish within the time limit shall be scored DNF. This amends RRS 35.

11 ALTERNATIVE PENALTIES

11.1 For an infringement of RRS Part 2, the Two-Turns Penalty (RRS 44.2) shall apply.

11.2 For an infringement of any other rule or requirement, the Scoring Penalties of RRS 44.3 shall apply. The penalty shall be computed as a percentage of the number of entries in the relevant division.

12 ABANDONED RACES

Abandoned races will not be re-sailed on a later date.

13 PROTESTS

Protests shall comply with MHYC NOR 24.

14 RADIO COMMUNICATION

14.1 While racing, except in an emergency, a boat shall neither make radio transmissions nor receive radio transmissions not available to all boats. This restriction also applies to mobile telephones.

14.2 Competitors retiring from the race shall advise the RC on Channel 72 or the Sailing Office by phone 8969 3103 as soon as practicable.

15 PRIZES

Prizes shall be presented at a post-race presentation.

16 RESPONSIBILITY

16.1 Competitors participate in the MHYC Feature Race Program at their own risk. Special attention is drawn to RRS Fundamental Rule 3, which states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone".

16.2 The Organising Authority, Event Sponsors, and their respective officers, employees, volunteers and members accept no liability for any injury, loss or damage that may be suffered by any competitor, and any liability for harm to persons that results from breach of an express or implied warranty that the MHYC Feature Race Program and all services relating thereto will be conducted or rendered with reasonable care and skill is excluded.

16.3 Neither MHYC, nor the event sponsors, are responsible for the seaworthiness of a boat whose entry is accepted or the sufficiency or adequacy of its equipment.

17 SAFETY

17.1 Crew Registration via SailSys or, at a minimum the number of Persons on Board (POB) via the POB Register, is required before a yacht's start time.

17.2 Yachts shall maintain a listening watch on VHF Channel 72 for the duration of the race.

APPENDIX A – COURSES

COURSE 1 – Division 1
Seven Islands Race (Approx. 22nm)

Start	MHYC
1	AS Mark Manly West (S)
2	AS Mark Manly East (S)
3	Shark Island (S)
4	AS Mark Shark Island (S)
5	Fort Denison (P)
6	Goat Island (P)
7	Cockatoo Island (P)
8	Spectacle Island (P)
9	Snapper Island (P)
10	Goat Island (S)
11	Fort Denison (P)
12	Clarke Island (P)
Finish	MHYC

COURSE 1 – Division 2
Seven Islands Race (Approx. 19nm)

Start	MHYC
1	Shark Island (S)
2	AS Mark Shark Island (S)
3	Fort Denison (P)
4	Goat Island (P)
5	Cockatoo Island (P)
6	Spectacle Island (P)
7	Snapper Island (P)
8	Goat Island (S)
9	Fort Denison (P)
10	Clarke Island (P)
Finish	MHYC

COURSE 2 – Division 1
Five Islands Race (Approx. 21nm / 18nm)

Start	MHYC
1	AS Mark Manly West (S)
2	AS Mark Manly East (S)
3	Shark Island (S)
4	AS Mark Shark Island (S)
5	Fort Denison (P)
6	Goat Island (P)
7	Cockatoo Island (P)
8	Goat Island (S)
9	Fort Denison (P)
10	Clarke Island (P)
Finish	MHYC

COURSE 2 – Division 2
Five Islands Race (Approx. 18nm)

Start	MHYC
1	Shark Island (S)
2	AS Mark Shark Island (S)
3	Fort Denison (P)
4	Goat Island (P)
5	Cockatoo Island (P)
6	Goat Island (S)
7	Fort Denison (P)
8	Clarke Island (P)
Finish	MHYC

COURSE 3 – Division 1
Two Islands Race (Approx. 15nm)

Start	MHYC
1	AS Mark Manly West (S)
2	AS Mark Manly East (S)
3	Shark Island (S)
4	AS Mark Shark Island (S)
5	Clarke Island (S)
6	Shark Island (S)
7	AS Mark Shark Island (S)
8	Clarke Island (S)
Finish	MHYC

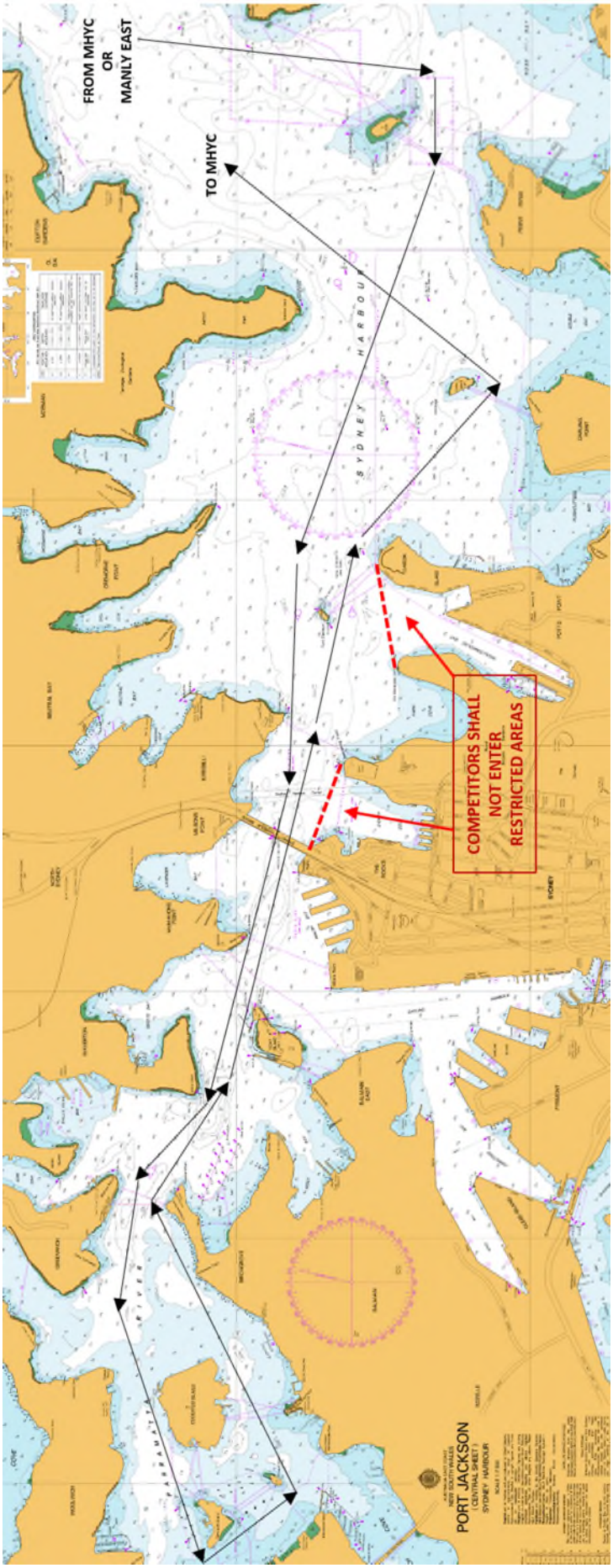
COURSE 3 – Division 2
Two Islands Race (Approx. 12nm)

Start	MHYC
1	Shark Island (S)
2	AS Mark Shark Island (S)
3	Clarke Island (S)
4	Shark Island (S)
5	AS Mark Shark Island (S)
6	Clarke Island (S)
Finish	MHYC

NOTES

1. All Islands are Marks of the Course and shall be rounded (or passed) to port (P) or starboard (S) as indicated by the suffix.
2. Competitors shall observe all navigation restrictions applicable to Circular Quay and Garden Island.
3. A guide to the course, for illustrative purposes only, is attached to these Sailing Instructions at Appendix B.

APPENDIX B - CHARTLET



1. All Islands are Marks of the Course

2. Competitors shall observe all navigation restrictions applicable to Circular Quay and Garden Island.

3. So far as is practicable, competitors shall remain to the STARBOARD side of channels throughout the race.